

# Healthy Brain, Happy Life: A Personal Program To To Activate Your Brain And Do Everything Better By Wendy Suzuki

**By Wendy Suzuki**

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A neuroscientist transforms the way we think about our brain, our health and our personal happiness in this clear, informative and inspiring guide a blend of

<http://www.randomhouse.com.au/books/wendy-suzuki/healthy-brain-happy-life-9780857988843.aspx>

Reaching forty, Dr Wendy Suzuki was at the peak of her career. An award-winning university professor and world-renowned neuroscientist, she had tenu

<http://www.coop.com.au/books/non-fiction/self-help-practical-interest/healthy-brain-happy-life/fitzpatrick-billie-suzuki-we/9780857988843>

HEALTHY BRAIN, HAPPY LIFE is a fun read, filled with all kinds of exciting ways to expand your brain power. My favorite parts of the book are these little sections  
<http://www.amazon.com.au/Healthy-Brain-Happy-Wendy-Suzuki-ebook/dp/B00TGJ7P2W>

Healthy brain, happy life : a personal program to activate your brain and do everything better, Wendy Suzuki with Billie Fitzpatrick. 9780062366801 (electronic bk  
<http://www.torontopubliclibrary.ca/detail.jsp?R=3309233>

Healthy Brain, Happy Life: A Personal Program to Activate Your Brain and Do Everything Better by Wendy Suzuki, Billie Fitzpatrick, 9780062366788, available at Book  
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Dec 21, 2014 This talk was given at a local TEDx event, produced independently of the TED Conferences. Suzuki describes her own personal journey to bring more balance

<http://www.youtube.com/watch?v=0cJ5pVtvbZA>

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Healthy Brain, Happy Life. Wendy Suzuki runs an Healthy Brain, Happy Life: A Personal Program to Activate Your Brain and Do Everything Better

<http://yourbrainhealth.com.au/healthy-brain-happy-life-june-walking-book-club/>

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